How to Connect with Families

HELP FAMILIES CREATE A NEW FEASIBLE SCHEDULE

- Include children in schedule planning daily (include eating, sleeping and leisure)
- Post the schedule on the wall or refrigerator for easy review, and use pictures to aid in visualization of tasks and transitions
- Be flexible with the schedule — do not try to recreate the school day
- Create homework demands that are simple, realistic and feasible:
  - Break it down: "Chunk" school assignments into doable units
- 8 Tips for Working From Home With Kids During COVID-19 (Yale Medicine)

HELP CAREGIVERS CREATE A MOTIVATION PLAN

- Create a list of things, privileges and activities that children like
- Allow children to earn things from the list *after* they complete their school work or other required tasks to keep them motivated
- Continue to update the list — children may become bored with activities that used to be fun
- Teach parents to ignore inappropriate behavior (when it is safe to do so) and reinforce appropriate behavior throughout the day
- Track success with completing tasks on the daily schedule throughout the day
  - Let children know when they get to do things on the list — some children or tasks may need more motivation than others (once an hour versus once a day)

COVID-19 CONSIDERATIONS

- Stay connected to resources (school, health care, CDC and state guidelines)
  - Household checklist (Centers for Disease Control and Prevention)
- Help children cope with crises (National Association of School Psychologists)
- Share common mental health warning signs (Centers for Disease Control and Prevention)
- Engage parents in treatment (New Jersey School Counselor Association)

TELEHEALTH TOOLBOX
• for school personnel •

Mid-America (HHS Region 7)
MHTTC
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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